



## BNL "Panama Virtual Swim" 2012

We begin in Northern Belize passing through the Panama Canal and up the west coast of Panama. Total mileage to be completed is 1650. The swim will run for three months, from January 1 to March 31<sup>st</sup>. With a celebration upon completion!

Week 13 - 123 miles completed, 146 swimmers. We have passed through the Panama Canal and are heading up the west coast of Panama. We have passed our goal.

**FINAL MILEAGE: 1924 MILES!!!!!!**

<u>Date</u>	<u>Total Miles Completed</u>	<u># of Participants</u>	<u>Approx. City/local</u>
01/09/12	118	62	Near Placenia, Belize
01/16/12	272	83	La Ceiba, Honduras
01/23/12	404	93	near Brus Laguna, Honduras
01/28/12	577	107	Auastara, Nicaragua
02/04/12	750	115	Blufields, Nicaragua
02/11/12	917	126	Limon, Costa Rica
02/18/12	1050	131	Bisira, Panama
02/25/12	1163	134	Colon, Panama
03/04/12	1329	137	Chitre, Panama
03/11/12	1493	143	near Island of Coiba, Panama
03/18/12	1645	144	near Las Penas, Costa Rica
03/25/12	1801	144	Loma, Costa Rica
03/26/12	1924	146	Near Playa Longosta, Costa Rica

**Until next year.**

Individual and group lengths will be totaled periodically, then converted to miles and tracked on the BNL "Virtual" Swim Map. (53 pool lengths = 1 mile)

